

KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. Family rates apply!

Day: Tuesdays and Thursdays
 Date: May 1 - May 31 Course Code: 12285
 June 5 - June 28 Course Code: 12286
 July 3 - July 31 Course Code: 12287
 August 2 - August 30 Course Code: 12288
 Time: 7:15 p.m. - 8:45 p.m.
 Fee: \$45 per resident \$67.50 per non-resident
 Drop-in: \$6 per resident \$9 per non-resident
 Age: 15 and older
 Location: Kiwanis Center

TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health.

Day: Tuesdays
 Date: May 1 - May 29 Course Code: 12289
 June 5 - June 26 Course Code: 12290
 July 3 - July 31 Course Code: 12291
 August 7 - August 28 Course Code: 12292
 Time: 6:15 p.m. - 7:00 p.m.
 Fee: \$40 per resident \$60 per non-resident
 Drop-in: \$12 per resident \$18 per non-resident
 Age: 18 and older
 Location: Kiwanis Center

ZUMBA WITH KAREEN

Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that is moving millions of people into joy and health! Ditch the work and join the Party!

Day: Mondays and Wednesdays
 Date: May 2 - May 23 Course Code: 12293
 June 4 - June 27 Course Code: 12294
 July 9 - July 30 Course Code: 12295
 August 13 - August 29 Course Code: 12296
 Time: 5:30 p.m. - 6:30 p.m.
 Fee: \$30 per resident \$45 per non-resident
 Drop-in: \$5 per resident \$7.50 per non-resident
 Age: 10 and older
 Location: East Fayette Gym

Fee will be \$26.75 per resident or \$40 per non-resident for May and July. Fee will be \$22.50 per resident and \$33.75 per non-resident for August.



PARENT-CHILD SELF DEFENSE CLASS

This class will include kicks, strikes, and various scenarios. Come out and learn everything WITH your child! Your children will learn how to make a scene and when to make a scene - *when it counts!*

Day: Thursday
 Date: June 14 Course Code: 12297
 Time: 6:00 p.m. - 7:00 p.m.
 Fee: \$6 per resident \$9 per non-resident
 Age: 10 and older
 Location: Kiwanis Center

SELF DEFENSE CLASS

In a real world situation, an attack is over within a few seconds. Would you know what to do? This class will prepare you with simple principles and techniques that will allow you to stop an attacker! Different modules will be focused on: women, children, and families!!

Day: Thursday
 Date: June 28 Course Code: 12298
 Time: 6:00 p.m. - 7:00 p.m.
 Fee: \$6 per resident \$9 per non-resident
 Age: 15 and older
 Location: Kiwanis Center

TABLE TENNIS

Our Table Tennis program will provide participants (13 and older) an opportunity to play Table Tennis in a relaxed and fun environment. This program will provide practice and competition. Bring your own paddle.

Day: Sundays and Tuesdays
 Date: Year-Round
 Time: 1:30 p.m. - 6:00 p.m. - Sundays
 7:00 p.m. - 10:30 p.m. - Tuesdays
 Fee: \$2 per visit for residents
 \$3 per visit for non-residents;
 or, each participant may pay annually:
 \$35 annual fee residents
 \$52.50 annual fee for non-residents
 Age: 13 and older
 Location: Kiwanis Center



KIDS KARATE

Additional karate classes are offered for kids ages 10-14 based on community demand. If you are interested in a class or have a group that is interested, call us at the number listed below with your information and which day is best - Tuesdays or Thursdays. With sufficient numbers, we will organize a class. A minimum of four participants is required for each class.